

BLACK BEAN SOUP

serves 8-10

**2 c. black beans
2 quarts water**

Cook beans in crock pot with water on high overnight.

**2 Tbsp. olive oil
1 onion, chopped
6 cloves garlic, chopped
1 red pepper, chopped
1 green pepper, chopped
2 carrots, chopped
1 stalk celery, chopped
2 tsp. ground cumin
½ tsp. cayenne pepper
2 tsp. chili powder
½ tsp. dried oregano**

Saute onion, garlic, peppers, carrots and spices in olive oil for about 7 minutes. Add to cooked beans and stir well. Cook on low.



**2 c. diced tomatoes
1 c. frozen corn, thawed**

Add tomatoes & corn to soup & continue cooking on low until marinated, about 2 hours.